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MAN'S MAGNETIC FIELD

A lecture given at Serenity Spiritualist Church on July 1, 1973
P. Goodwin

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MAN'S MAGNETIC FIELD

A lecture given at Serenity Spiritualist Church on July 1, 1973 through the Mediumship of Richard P. Goodwin

On the first of each month I am scheduled to give a short talk on the subject that is given to me by my guides and teachers from the world of spirit. And this morning the topic that was chosen for me was "Man's Magnetic Field," a subject that I am sure is not only of great interest but of great import to all people and in all places. What do we mean when we speak about magnetic fields? In this day and age the scientists have come to the understanding, through their investigation and thorough analysis of the subject of the psychical sciences, that man in truth is an electro-magnetic being.

We know, as the Bible has spoken and so have many philosophies in ancient time, that in all our getting, to get understanding. We also know that there is no greater power known to man than the power of love. That as we look into this subject of magnetic fields and the power of love, because of our varied programmed experiences in a lifetime, we have our own conceptions of what is meant by that word known as "love." In this Association, its teachings and understanding of love is the expression of the Divine energy. It is in truth man's magnetic field.

Again and again, it is spoken that all of our experiences we have willed into action and yet it seems that the mind insists upon putting the cause of our experiences out into the universe, to conditions, to other people and to other things. Why is it that the mind insists upon blaming things and circumstances outside of its own sphere and zone of action? It is simply, my good friends, an error in our thought. Man's need to express this Divine energy which we call love cannot be suppressed for long, for the lack of expressing this Divine power is the true cause of all of our problems. Now man may choose to direct this energy in two or three various areas. If he does not receive a fulfillment from this direction and expression of this Divine love, then he has problems. For example, it is a known fact, as we examine man and nature, that all form requires attention which is nothing more than energy or love. We look at the plants and the flowers of the garden; we see that they receive their energy or attention from the sun and from the rains that fall. When man does not receive energy or attention, he

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(Continued from Page 3)
becomes disturbed and feels alone.

And so it is, so just the Divine laws that repeatedly try to teach us that in truth we are ONE, separated only by an error in our thought because we cannot yet perhaps rise to a state of consciousness where we can see, experience and know beyond the shadow of any doubt that we are in truth this Divine light, that this is not the first expression of it nor will it indeed by the last. When we awaken to the great truth that we must express more fully this magnetic power known as love; when we awaken our minds and stop limiting the Divine flow, then we will receive a more abundant influx of this so-called energy known as God. Again and again, our choices in where we are going to direct this energy or power is limited. Man goes in business and as long as the business is successful, to his thinking, then he receives some degree of fulfillment. A person chooses a hobby in which to spend some of their time. As long as that hobby is pleasing to the mind; as long as there is some degree of encouragement from within and without, then it will fulfill its purpose.

All things in creation demand to be loved. If they are not loved or receive energy or attention, then they wither and die. So let us recognize, friends, the laws that govern the universe and the laws that govern creation herself. We are sending and receiving sets. We are receiving ever equal to what we have set forth into the universe. But this is a new moment in our consciousness, if we choose to make it a new moment.

Again and again, the teachings have spoken of how man is controlled by the things that disturb him. Whatever disturbs us and robs us of our peace of mind controls our very soul. And so it is as we look out into God's manifestation of creation, there are many things that we seem to be in rapport or in harmony with. And there are some things that it seems to be difficult for us to tolerate. My good friends, the things that are difficult to tolerate are the masters that we have created in our thinking. Whoever or whatever disturbs us is controlling our very soul and we and we alone have given this Divine power, this energy, to the thing that disturbs us. We have made them or it a god to rob us of the joy of living. It is in our thinking, friends, it doesn't exist anyplace else.

Some people awaken in the morning and they see the sun shining and they are filled with the spirit of joy and love. They know that it is going to be a great day for them. That is what they entertain in thought and consequently, that is what they experience in life. But not all of us
(Continued on Page 29)



Book Review

"HOLY MOTHER"
(Life of Sri Sarada Devi)
by Swami Nikhilananda
Ramakrishna-Vivekananda Center, New York
Reviewed by Dorothy Craine

Holy Mother was the wife of Sri Ramakrishna and both of these saintly leaders are now regarded in India and abroad as rare manifestations of divinity in modern times. She was his constant companion during his life and a witness to his spiritual experiences. Sri Ramakrishna himself moulded the life of his wife and assigned her place in the carrying out of his mission after his death in 1886.

Outwardly Sarada Devi lived as an average Hindu woman, devoting herself to the faithful charge of her household, often unpleasant and frustrating, many years in direct poverty. Inwardly she practiced total non-attachment and remained undisturbed by what happened in the physical world. Never did her mind deviate from contact with God;—thus, she has become today a model for both householders and world-renouncing monks.

According to Vedanta philosophy (from the Vedas, early Hindu scripture), Brahman or Ultimate Reality is inactive; it is not, Itself, involved in the activities of creation, preservation and dissolution. These are carried out by its inscrutable energy known as Sakti. Sakti and Brahman are inseparable, like the gem and its lustre. Though this energy is present in all creatures, to a Hindu it resembles a woman more than a man because of its parallel to giving birth and nourishing its creation. A woman totally undefiled by worldliness becomes its most potent channel. Holy Mother was such a woman and she is described by her devotees as the Savior, or the Divine Mother of the Universe.

Her infinite tolerance, kindness, service and forgivingness was a living demonstration that she looked on all children born of woman's womb

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THE PATH THAT LEADS TO NOWHERE

by Corinne Roosevelt Robinson

There's a path that leads to Nowhere
In a meadow that I know,
Where an inland river rises
And the stream is still and slow;
There it wanders under willows
And beneath the silver green
Of the birches' silent shadows
Where the early violets lean.

Other pathways lead to Somewhere,
But the one I love so well
Had no end and no beginning—
Just the beauty of the dell,
Just the windflowers and the lilies
Yellow striped as adder's tongue,
Seem to satisfy my pathway
As it winds their sweets among.

There I go to meet the Springtime,
When the meadow is aglow,
Marigolds amid the marshes,
And the stream is still and slow;
There I find my fair oasis,
And with carefree feet I tread
For the pathway leads to Nowhere,
And the blue is overhead.

All the ways that lead to Somewhere
Echo with the hurrying feet
Of the Struggling and the Striving,
But the way I find so sweet
Bids me dream and bids me linger—
Joy and Beauty are its goal;
On the path that leads to Nowhere
I have sometimes found my soul.



Student's Corner

AN UNDERSTANDING

Often we hear that we should flow with the events in our lives, that we should try not to become attached either to the pleasant people, places or things that come our way, or the unpleasant, As with the medieval wheel of fortune, our lives keep turning—sometimes we bring ourselves good fortune, sometimes bad. If we serve our fortune too much by liking or disliking it, then it burdens us. As Mr. Goodwin often cautions us, "What we are attached to becomes an adversity and what is an adversity becomes an attachment."

At the same time, there is prayer with which we ask. It might seem that if we pray for anything, we are, in all honesty, attached to it. Yet, if we consider the prayers given at our church services, we see that they are prayers for affirmation of our spiritual nature and for receptivity to divine guidance. We do not ask for ourselves alone, nor do we ask for mundane attachments. We ask, we pray, that the infinite intelligence that is ourselves be allowed to work through us so that we may leave our attachments and flow with our lives, and thereby grow spiritually.

by Margaret Fuller

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The secret of nature is patience and it is by patience that one comes to know truth. When one begins to alight upon the path of truth, he comes to a realization that "the more he thinks he knows, the more he doesn't know." In acquiring knowledge of the spiritual realms one becomes aware of his potential. During my study of the teachings of the "The Living Light." I have come to a much greater awareness of the God-self that is within me and all life.

To become in harmony with this self is to acquire that "peace that passeth all understanding." But one must accept himself and take an inventory of what pattern his life has been lived, whether it be on a material level or other level. Many people neglect the spiritual side of their existence and thus, they are ever in a level of illusion and limitation. For spiritual awareness means facing one's self objectively and striving to unravel what is already known to us—yet so difficult to grasp because of the limits we have put upon ourselves.

by Lorna Tinus

THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

Continued from last issue—

Sir William Crookes, F.R.S., speaking of direct spirit writing, says in his Phenomena of Spiritualism:—"I have had words and messages repeatedly written on privately marked paper, under the most rigid test conditions, and have heard the pencil moving over the paper in the dark. The conditions—prearranged by myself—have been so strict as to be equally convincing to my mind as if I had seen the written characters formed."

Vice-Admiral Moore observed some wonderful direct writing through the unique mediumship of the Misses Bangs of Chicago. He journeyed specially from England to see them, and he records his experiences in his book Glimpses of the Next State. Their method was to ask the sitter to write privately a letter to a spirit friend asking questions on any matter, and enclose it, together with blank sheets for the spirit's reply, in a sealed envelope. The letter was then deposited between two hinged slates, which were laid on the table in front of the sitter, who placed his hands on them. The medium sat on the opposite side of the table and did not touch the slates. There was bright daylight throughout the seance. After a period varying from a few minutes to an hour or more, raps signalled that the reply was written, the sitter then opened the slates, took his letter saw that the seals were unbroken, opened it and found one or more of the blank sheets filled with writing in ink. The caligraphy was not usually that of the sitter's spirit friend; but the reply showed knowledge, more or less thorough, of the subjects referred to, and in many cases the identity of the spirit sender was established to the satisfaction of the sitter.

DIRECT PORTRAITURE

The Misses Bangs also obtained coloured portraits of spirit friends of the sitters, openly, in bright daylight. The mode of procedure was as follows—A plain wood table was placed lengthwise across the seance room window, which looked out on the street. The Bangs sisters sat one at each end of the table, and the sitter at the side,

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Visitors Views



"I am confused. I need more time to know me and know more of what it is all about. Now I feel the entire thing is not relating to what I am looking for or expecting to relate to. However, I can assure you I will be back." J. M.

"Very enlightening!"

"I'm glad to be back." Dave

"It's been a long time since I've visited this warm place. At first, my views upon this faith were of general disapproval. I found reasons why I might not like to be here (out of fear?). I didn't like the cold feeling I received when placing my hands out in the open air. I [would] much rather have them clasped and have a warm flow of energy circling through my body. But later, my feeling changed. I began to see some really beautiful people here in the church united by the love of some divine power. This changed my previously bad feeling and when I was reassurred with a couple of warm readings I was truly happier. I hope I can remain this way and keep an open mind to the field of Spiritualism."

"I find this church and its people what I have been feeling I need. I hope to continue and know my truth and what I can do to live it. Thank you." P. C.

"I feel your services, including presentation, philosophy, and religion are very helpful to many. I should like to return."

"An uplifting experience – a feeling of relief from anxieties. Very relaxing." Wm. D.

"My first time here – I found it a fascinating and valuable experience." B. P. P.

"Interesting and intriguing."

SPIRITUALIST DICTIONARY

Life:

Generally considered to be a characteristic of animals, plant and bacteria only, but science is discovering even more minute forms which seem to hover on the borderline between living and inert matter. The virus can exhibit both phases, should we deny it life? Even 'inert' matter seems rather busy about its own affairs, in states of constant movement and change we are told. It may well be that the dividing line between the living and the non-living is artificial; merely the measure of our ignorance of forms of life only less apparent to our restricted observational powers. This view is more in accordance with accounts we receive from spirit communications about life.

Light:

Those mediums who produce physical phenomena usually require a very dim light or complete darkness to manifest satisfactorily. This is unfortunate for the researcher, as dark conditions increase the possibility of fraud. Experience has shown that sudden light admitted during a physical seance, can cause severe shock to the medium's body—bruise and weals, haemorrhages have been known to occur as the result of careless treatment in this way. Some experiments suggest that the shock is caused more by the light falling upon the medium, than on the ectoplasmic formations. It was found that if the medium was shielded from the light the emanations could be photographed by flashlight. Sir William Crookes considered the rays at the extreme end of the spectrum the most troublesome; Moon-light he found ideal. Dr. Geley used biological light with success. It should be noted that a few mediums on occasion have demonstrated good physical phenomena in bright daylight. (Eusapia Paladino, D. D. Home, Stainton Moses.)

Silence:

According to the Society of Friends, the basis of worship; when God speaks to the Spirit. Spiritualists know that silence helps one to attune to the spirit world.

PRIDE REVEALS A MAN IN SELF, HUMBLENESS A MAN IN GOD.

—The Wise One

PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.

I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.



Healing Hands

by Easter Jestadt

"The Father that dwelleth in me, he doeth the works" – "All that God is, I am" As a recipient of spiritual healing at Serenity, how deeply I have felt these beautiful words. At this moment I find myself pondering upon the true existence of the phenomena which occurs every Sunday within our church, which provides the great inner-peace and understanding of my relationship to God and the universe.

At the outset of the service, the mood is set with the soft melodic music emanating from the piano throughout the entire church, producing a feeling of peace and harmony. Instantly I feel relaxed and receptive to the higher vibrations and greater dimensions. Tightness and tension seem to dissolve into the nothingness.

During the healing service I can either remain in my seat quietly meditating and enjoy the spiritual music offered, becoming in tune by establishing contact in thought with others of the congregation who are of like mind or I may enter the healing chapel where our healers are ready to serve the higher power—this Divine flow of energy. This of itself does the healing work. Any mental, physical or emotional disturbance which I may feel is greatly diminished and, with repetition of Sunday services and if I have done my part spiritually, becomes eradicated—leaving me with a feeling of completeness and wholeness.

Messages delivered at church by the communicants are of a healing nature, for they show in gentle fashion that which must be cleansed or changed within myself.

The entire church service is a continuous renewal—a regeneration process. What it has given me is a "rebirth"—an inner peace sustained through the support and love of sincere people who are of themselves instruments through which the healing takes place. It is a return to the source—a God consciousness—and, in truth, I am doing the work. It is my church which shows the way.

(Continued from Page 8)
facing the window and less than a yard away from it. Two simple wooden frames on which thin paper-mounted canvas was stretched, were placed face to face with the paper surfaces in contact. These were then help up together close to the window, with their lower edges resting on the table; each medium gripped a side with one hand, and thus held them erect together. An opaque blind was drawn down to the top of the frames and a short curtain was hung on either side, so that the window was darkened except for the light which streamed through the translucent canvas.

In about fifteen minutes, more or less, tints of different colour appeared on the canvas; parts became opaque, then translucent again, and vague outlines of faces appeared and disappeared in different places, finally the picture grew rapidly and was finished. The frames were taken down and separated, and the picture was found to be on the paper surface of the one next to the sitter.

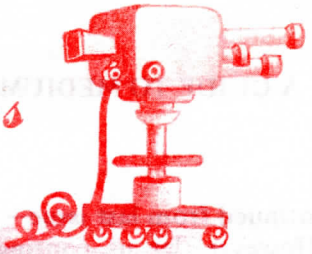
PSYCHIC PHOTOGRAPHY

The phenomenon of spirit photography has probably been more studied than any other, and several books have been published dealing with it alone, each reproducing some of the many well vouched for examples of the phenomenon. Like other psychic phenomena it requires the presence of a suitable medium, and at the present time these are rare. The medium need have no knowledge of photography, for all he need really do is to hold the packet of plates or the loaded dark-slides for a few minutes, or merely be present in the room when the photograph is taken.

In a successful psychic photograph the negative shows, in addition to the sitter, a plainly recognizable likeness of a friend who had passed over. This "extra", as it is termed, is usually swathed in white substance, resembling gossamer, cotton balls, or vapour, which by its appearance suggests the presence of ectoplasm; occasionally, however, it is in everyday attire. The majority of psychic photographs are ill-defined and imperfect. Sometimes they include several well-defined but unreconized extras. Sometimes only cloudy white markings occur which may obliterate the sitter; these are evidently of psychic origin, for their presence is otherwise quite inexplicable.

In psychic photography it is not essential that the plate should be exposed in a camera, for on many occasions plates taken direct from an unopened packet after it has been handled for a few minutes by the medium, and developed forthwith have borne the likeness of a friend. (To be continued in next issue)

News & Views



by Duncan Robertson

Northern California and the San Francisco Bay Area in particular appear to be emerging as the hub of psychic and spiritual research. The observation was made in a recent article in *California Living Magazine,* which cited the upshoot of numerous research groups and organizations including the newly formed Institute of Noetic Sciences in which former astronaut, Dr. Edgar Mitchell, plays a key role, the Academy of Parapsychology and Medicine, and the current effort by Stanford Research Institute. The three Bay Area organizations are pledged to strict scientific controls in experimentation, while maintaining an open attitude of mind.

If you thought it was just your imagination that married couples begin to look alike after several years of bliss, look again. A report coming out of the convention of the Society of Preventive Dentistry, San Francisco, says that married couples actually tend to take on one another's physiology after a period of time. A study conducted on several doctors and their wives indicated that everything from liver and heart conditions to blood pressure seem to be included. The study was not conclusive as to whether the "becoming one" is simply due to similar environments or to an actual rapport between husband and wife that may go deeper.

The Academy of Parapsychology and Medicine has announced plans to initiate a control group study of the use of biofeedback in the treatment of glaucoma. Previous studies have indicated some success in this field and the Academy is seeking persons age 40 to 55 who suffer from the disease and are interested in participating. Biofeedback is the bringing to the individual's awareness through mechanical means those bodily functions of which he may not be normally consciously aware.

Pre-registration for Serenity's Spiritual Awareness Classes, a twelve-week course conducted by Richard P. Goodwin, is now underway for the fall semester beginning September 6th. Those wishing to register should contact the church office.

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue—

However, let us continue the lesson which 'M. A. (Oxon)' gave. He said:—

Three Serious Points.

'In developing mediumship one has to consider a question involving three serious points. Can you get into relation with a spirit who is wise enough and strong enough to protect and good enough for you to trust? If you do not you are exposed to that recurrent danger which the old occultists used to describe as the struggle with the dweller on the threshold. It is true that everybody who crosses the threshold of this occult knowledge does unquestionably come into a new and strange land in which, if he has no guide, he is apt to lose his way.'

Commenting upon the foregoing, Mr. A. Morton truly says: 'That mediumship has its shadowy side it is senseless folly to deny, for nearly every investigator has had to encounter much that was mixed, mysterious, and questionable—has had to sift immense quantities of chaff to obtain a few grains of wheat; but that, once gained, becomes the bread of life; it is the fruit of the tree whose leaves are for the healing of the nations. In no other way than through the careful investigation of Spiritualism can we gain the absolute knowledge—the answer to the question of Job, "If a man die, shall he live again?" and know that life is continuous and progressive.

"The dwellers on the threshold" are the people who "passed-away" without having cultivated their spiritual natures; and the appellation does not apply exclusively to those who are prone to evil, but includes many who are bound by earthly ties through ignorance of the law and conditions of spirit life.

'They may have led moral lives on earth, and have been debarred through religious training or prejudices from the study of life in the spirit world. Such spirits cannot be classed with the vicious, and only need to have the way pointed out to them to gladly hail the opportunity to progress beyond earthly environments, and are frequently brought to a realization of their condition and position through coming into relations with mediums. Sometimes spirits of this class attempt to control mediums while still bound in the thralls of their old theo-

"There is no thing we cannot overcome;
Say not thy evil instinct is inherited,
Or that some trait inborn makes thy whole life forlorn,
And calls down punishment that is not merited.

Back of thy parents and grandparents lies
The Great Eternal Will. That too is thine
Inheritance—strong, beautiful, divine,
Sure level of success for one who tries.

There is no noble height thou canst not climb;
All triumphs may be thine in Time's futurity,
If, whatso'er thy fault, thou dost not faint or halt;
But lean upon the staff of God's security.

Earth has no claim the soul cannot contest;
Know thyself as part of the Eternal Source;
Naught can stand before thy Spirit's force:
The Soul's Divine Inheritance is best."

by Ralph Waldo Trine

FROM FIRE-MIST TO MAN

EVOLUTION SPIRITUALLY INTERPRETED

by Andrew Jackson Davis

Continued from last issue—

Adam and Eve correspond to two distinct nations, which ultimately became associated and formed one nation in the interior of Asia. The tree of knowledge corresponds to the undeveloped embryo of perfection and intelligence, and the term good and evil are used as expressive of the legitimate fruits thereof: evil being the gross, imperfect and undeveloped, and good being evil's perfection. The animal of the saurian species, which is represented as being more subtle than any other beast on earth, corresponds to an unfavorable and unhappy mental development. And eating of the fruit of the tree of knowledge—good and evil—represents an experience of having their eyes opened and becoming thus aware of their evil dispositions, which they endeavored to conceal by making external garments.

The origin and conception of Adam and Eve were not believed in to any extent until several generations after the tradition was fully established. It continued to be a tradition for several ages without any particular modification, until finally it became a part of the religion of the Hindoos, and especially of the Persians who wrote the same and preserved it in manuscript. It was scarcely taught or believed among the Jews until those Persian manuscripts were translated into Hebrew, during their captivity at Babylon. After this it was considered an allegory and much venerated by the Jews and others as being a representation of something substantially true. But what its meaning was they knew not. Still the antiquity of the tradition sacredized it in their minds, and hence it is presented in the book of Genesis.

Since its introduction into this book, it has been interpreted and clothed with all the seriousness and veneration which should properly be connected with the beauties of Nature, with man, and with heaven. Since that period successive modifications of this supposed divine revelation have so far generally concealed its original simplicity from mankind generally, that they are incapable, through fear and prejudice, of instituting a proper investigation respecting its real merit.

Adam and Eve could not have produced children who could perpetuate the race, supposing they were perfectly married.

THE A. B. C. OF SPIRITUALISM

by B. F. Austin, A.M., D.D.

33. It has been charged that Spiritualism destroys homes; weakens the sanctions of the marriage tie and is one cause of the many divorces in American life. What are the facts?

The answer is found in the fact that there are no happier homes in all the land than the homes of Spiritualists; the Spiritualists recognize the home as one of the great bulwarks of society; that Spiritualism teaches all its followers to recognize the rights of others and to treat every person with charity and kindness; that Spiritualism contributes to human growth and happiness and must therefore help to build and maintain stable family relationships; and that all the literature of Spiritualism and the whole trend of Spiritualistic teaching and messages are in support of the home life. The Home is the first school and the first Church of humanity, and so is held in respect and reverence by that vast majority of Spiritualists. It is quite possible that some people on a low plane of intelligence and morality professing and possessing mediumistic powers have in individual instances disturbed family relationships. The writer, however, after twenty years' association with the organized Spiritualism of America cannot recall a message or a disdiscourse in Spiritualist meetings tending to disturb family relationships, but happily can recall many which were directly in the line of promoting peace, harmony and good will in the home circle.

34. If Spiritualism rests on the fact of Mediumship and Spirit Communications how can one account for Spirit Messages and prophecies which prove untrue?

Spiritualism does, indeed, rest on the fact of Mediumship and spirit communications, but does not undertake to guarantee the truth of every statement or message from the spirit realm. The mail service, telegraphy and wireless are methods of communication established among men, yet no one would guarantee the truth of all letters, telegrams and wireless messages. The spirit world is a vast realm and contains every class of intelligence and every grade of morality that has existed on the earth plane. If a medium, therefore, contacts untruthful and deceiving spirits, it is quite possible to receive messages that prove untrue.

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

Selected Passages:

"Broaden your horizons; think well where you send forth your energy. Remember that success and failure is one and the same thing, for indeed it is only an effect of spent energy, constructive or destructive; you are never left without choice."

"The Living Light" is invaluable, timely, and meant for everyone.

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(Continued from Page 16)
logical ideas, and give utterance to views which are tinctured with their earthly beliefs, but if earnest in their desires to obtain light they soon pass out of such conditions of darkness.'

Teach the Spirits

Mr. Morton continues: 'Spirits who are in the conditions already described need instruction, and should not be repelled, but led to contrast their present state with that which they were taught in life to believe was to be their portion after death, and to have the way pointed out by which they may obtain a knowledge of their true relations in the world in which they live. . . . The principal harm arising from having such controls is the conflict between their teachings and those of more advanced spirits, creating confusion and doubt in the minds of sceptics, or confirming some investigators in their beliefs in the erroneous teachings of theologians. Much good has been accomplished by well-developed mediums in assisting such benighted spirits to obtain a realization of their spiritual condition, but this should not be attempted in a contentious or denunciatory spirit. Denunciation and intolerance are not consistent with the spiritual philosophy. All honest belief is entitled to respectful treatment, whether held by mortal or spirit; and if the belief is erroneous, the only kind and charitable way to correct it is to lead the person entertaining it to see the beauty and grandeur of the higher light.'

This brings us to the consideration of a practice which has grown to considerable dimensions, viz., that of holding seances for the purpose of inviting low and undeveloped spirits to control mediums with a view to help those spirits to rise. This is a work for which only the wisest are fitted. There is ample scope for humane service in helping the fallen in this state of being, and assisting those occasional visitors who may be brought to us by 'teaching spirits' for their own good, and to serve as an object lesson to the sitters—but to indiscriminately invite the dwellers on the threshold is dangerous.

Mr. Morton, when referring to the large number of the unprogressed, vicious, ignorant, sensual, and criminal spirits who haunt the threshold, says: 'They require restraint and repression to prevent their gratifying their propensities and desires through mediums who are not sufficiently developed or spiritually guarded against low influences,' and, we may add, the assistance of the sitters is required to help and protect the medium.'

(To be continued in next issue)



Cook Book Capers

by Edie Faubel

BRAN GEMS

2 cups graham flour
1 cup milk
1 cup water
1 tsp. salt
1 egg, well beaten
2 Tbsp. butter

Mix all ingredients but butter, beating very hard to blend well. Heat iron gem pans in a hot oven (425°). Remove pans from oven and divide butter equally among the cups. Pour the batter into each cup. Bake at 425° – 25 to 30 minutes or until done. Makes 12 gems.

BLACKCAP FLUMMERY

2 cups blackberries
2 cups water
1 cup sugar
¼ tsp. salt
4 Tbsp. cornstarch
1 Tbsp. lemon juice

Cook berries in water until nearly soft. Mix sugar, salt, and cornstarch and very slowly add hot berries, stirring constantly. Bring to boiling point and cook 5 minutes, stirring occasionally. Remove from heat; add lemon juice. Serve hot with sugar and cream. Serves 4.

COLESLAW

4 cups finely shredded cabbage
3 Tbsp. sugar
¼ cup vinegar
1 tsp. salt
¼ tsp. dry mustard
¼ cup sour cream

Refrigerate cabbage. Mix remaining ingredients and let stand to mellow for one hour. Place cabbage in a bowl. Pour over the sour cream dressing and toss lightly. Makes 4 to 6 servings.

INVOCATION

O Eternal and Everlasting Spirit of the Universe, we would reverently take up the duties of life; we would pursue our way along the path which leads through the busy haunts of men, to take by the hand those who have struggled, who are yearning, who are weeping and frightened; we would give them the light which has come to us through the ministrations of loving spirits; we would whisper to them words of cheer and encouragement and give them a glimpse of the spiritual heights and of the life beautiful. We would lead men to a better understanding of the great forces of life and of the wonderful opportunities that await the spirit in the life hereafter. O Divine Spirit, give us a truer appreciation of the nobility and grandeur of struggling upward, onward and forward. Amen.

INSPIRATION

Believe in self. Know you are a god in embryo! This is the sublimest and most comforting fact in the world, giving assurance of man's individualized eternal existence. Man is a conscious entity; in consciousness lies character. Eternal life begins when man begins to live his divinity, the higher side of his character.

In aspiring, man increases his knowledge, widens his horizon of understanding, deepens his thought, attains a culture of conscience and the apprehension of his existence. Aspiration precedes inspiration. Through it man attains a self-development that lifts him to a higher and nobler conception of life's duties and privileges. He develops reason and judgment, qualities that are never instantaneous.

What inspiration is keener than Spiritualism? When man realizes his departed loved ones are ever within sight, sound and touch, trying to impress him, surely this fact inspires him to be a better person and aspire to higher ideals.

BENEDICTION

May the blessings of the Spirit World be showered upon you like the rains of Spring, fertilizing the spiritual seed planted in your minds tonight, bringing forth a harvest of spiritual good. Amen.



Busy Bees

by Bee Dorbandt

A "Bake Sale" was held July 14th at the Redhill Shopping Center, San Anselmo. The proceeds from this were donated to our building fund. Thank you all for your efforts; it was a great success! I have just been told that Serenity will try to make this a monthly event, to be held at various shopping centers. The August Bake Sale will be held at Town and Country Village, Strawberry, on August 11th. Miss Barbara Murphy is the coordinator for this event; please contact her as soon as possible regarding what baked goods you would care to contribute for the sale.

The theme of our last social was "A Night in Vienna." Mrs. Vera Abels, a well-known soprano formerly with the San Francisco Opera, performed for us, accompanied by Mrs. Joyce Zacharie. Mrs. Zacharie is a graduate of the Royal Academy of Music, London, and is the organist for many churchs in the Bay Area. Our August dinner-social will be done under the direction of the Men's Club—an outdoor barbecue. How perfect for the warm evening of August 18th. Keep this date open on your calendar!

We were happy to see Mrs. Pauline Leonard at our dinner-social recently. Mrs. Leonard has moved to Orange County and made the trip north just to be with us in followship.

The Spiritualist Chapel of Awareness, NSAC, in Vacaville, will hold their Devotional Services on Sundays at 10:00 a.m. Formerly they were on Friday evenings. The Sunday services will begin August 5th at the same location: Veterans Memorial Building, 549 Merchant Street.

We wish to congratulate Reverend David F. Burr, a member of the Golden Gate Church, San Francisco, for his election to the Presidency of the State of California Spiritualist Association. Reverend Clyde Dibble will be active in good works in his position as a member of the NSAC Board of Directors.

We again solicit your church news to help those who read the Sentinel to know of your activities; whatever news you may wish to submit that might be helpful for those in your area or of interest to Spiritualism.

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*

A MAN WHO CANNOT SEE IS LIKE A GOPHER, NEVER SATISFIED WITH THE HOLE THAT HE DIGS.

—The Wise One

BECOMING A SPIRITUALIST

Inner Vision
by H. Gordon Burroughs

May the time come when man gets away from creed and churchanity, forgetting the lines of demarcation between this and that, becoming catholic in all his living, studying every truth from every angle, never closing the door, realizing that mankind cannot fail.

To accomplish these things, man must be receptive, enabling him to analyze facts, to make adjustments, always with faith in God; and to live close to, and under the protection of Infinite Intelligence. One cannot live away from Infinite Intelligence; and the nearer one gets to it, the dearer and sweeter life is going to be.

So much of what is of value to the human family has been given through the men and women aware of the meaning of inner vision. There have been men and women who have been sensitized enough to receive inspiration directly from the other side of life; in other words, they had a vision, the vision that the average individual does not have, an inner light, a guiding something, a voice that spoke. They are the oracles of today, the mediums, the psychics, the sensitive ones who are listening as did they of old for a new and better way of life.

Man has always belonged to God. There is no possible way of separating ourselves from this great manifestation which is life; there is no possible way of getting away from or out of eternity. You have always been in eternity; you have always existed in some form or other with God. Man does not die to gain immortality. Death does not usher you out of eternity or into eternity; death is only an incident in the ever-present manifestation of eternity.

We live in the objective senses, and that which we see and feel upon this plane we register objectively, and come to the conclusion that that is all there is. Paul understood thoroughly when he spoke in the manner in which he did. "There is a physical body and a spiritual body"; and this we, as Spiritualists, interpret as the Soul You, animated by spirit – the real individual, the knower, with its many vestments through which it manifests in the life after death. Let us realize that man has a soul equipped with a body and not a body equipped with a soul.



Lest We Forget

Roy W. Adkins
Black Hawk
Edie Irene Clark
Luigi Enciroli
Lee Faubel
Frank Fogel
George
Richard C. Gillespie
Elena Goldkette
Frank Goldkette
Jean Goldkette
Dolores Pearl Goodwin
Harold Goodwin
Isa A. Goodwin
Helen Jank
Alexis Krivor
Clara Krivor
My father
Gilbert Nelson
Donald Parenteau
Ralph J. Stewart
Margaret L. Walker

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

(Continued from Page 4)

awaken in that way. Some of us awaken with problems of the past. Some of us awaken with things that are not going well in our universe. But we have the Divine right of freedom of choice. We can choose at any moment through the power of directed thought, which is the vehicle of God's Divine love and energy, to direct it to the things that we wish to become.

Again and again it is taught—that that you place your attention upon, indeed you become. Whatever is felt in the depths of the heart is experienced in our lives over and over and over. If in this moment you feel the need for change; if in this moment you feel the need for the joy of living, I ask that you pause in your thinking; that you call forth from within your own being your Divine right to choose whatever you desire to choose.

God is not a judge, as we all know, that sits on a throne and tells us of our errors and of our omissions and transmissions. That is not the God that is understood by the Serenity Association. But we do understand the Divine power, a Divine love that is without lack, that is without limit, that is ever available to us, that the only obstacle to its full expression is the limitation of our own thought. So let us, friends, expand our consciousness, broaden our horizons and fulfill the true purpose of our being. Thank you.



Poet's Pen

What is Good

"What is the real good?"
I asked in musing mood.
"Order," said the law court;
"Knowledge," said the school;
"Truth," said the wise man;
"Pleasure," said the fool;
"Love," said the maiden;
"Beauty," said the page;
"Freedom," said the dreamer;
"Home," said the sage;
"Fame," said the soldier;
"Equity," the seer.
Spake my heart full sadly
"The answer is not here."
Then within my bosom
Softly this I heard:
"Each heart holds the secret.
Kindness is the word."

–John Boyle O'Reilly

Trust

Build a little fence of trust
Around today;
Fill each space with loving work
And therein stay;
Look not through the sheltering bars
Upon tomorrow,
God will help thee bear what comes,
Of joy and sorrow.

–Mary Frances Butts

Changed

Time was, I shrank from what was right,
From fear of what was wrong;
I would not brave the sacred fight,
Because the foe was strong.
But now I cast that finer sense
And sorer shame aside;
Such dread of sin was indolence,
Such aim at Heaven was pride.

–J. H. Newman

The Rainbow

My heart leaps up when I behold
A Rainbow in the sky;
So was it when my life began;
So is it now I am a Man;
So be it when I shall grow old,
Or let me die!
The Child is Father of the Man;
And I could wish my days to be
Bound each to each by natural piety.

–William Wordsworth

FABLES FOR YOUNG AND OLD

THE TURTLE WHO COULD NOT STOP TALKING
An East Indian Fable

Once a Turtle lived in a muddy little pond, and he loved to crawl out in the sun and talk to everyone who passed. He talked to the beasts, he talked to the birds, and he talked to the fishes. In fact, he never stopped talking. Well, one day there came flying by two beautiful wild geese. "Friend Turtle," cried the Geese, "Would you like to fly with us to our beautiful home far away? We live on a shining blue pool that is just as clear as glass." The Turtle's own pool was muddy. A shining blue pool clear as glass—he would certainly like to see that! "But how can I go with you? I have no wings," he said. "Oh, we will take you," said the Geese, "if you promise to keep your mouth closed, and speak not a single word." "Why of course I'll keep my mouth closed. I'll do just as you say," said the Turtle. So the next day the Geese came back carrying with their bills a stick which they held between them. "Take hold of this stick with your mouth," they said to the Turtle. "But don't say a word as we fly; for, if you do, you will lose your hold and fall down kerplunk to the ground." "I'll do just as you say," said the Turtle, eager to depart. So the Turtle took hold of the stick, and the Geese soared up in the air, carrying him between them. Over the treetops they flew and up in the bright blue sky. But as they passed over a village, the children down below saw their old friend, the Turtle. "Oh, look at the Turtle!" they cried. "I'm taking a long, long journey," the Turtle wanted to boast, but he remembered just in time and did not open his mouth. "How silly he looks!" cried the children. "Silly yourself!" the Turtle wanted to answer crossly; but he remembered just in time and did not open his mouth. "How does he ever keep his mouth closed?" the children jeered. "Do you suppose he can really stop talking?" This was too much for the Turtle. "Of course I can stop talking!" he cried, and, as he opened his mouth to speak, he lost his hold on the stick and fell down, crash, at their feet. "Poor little Turtle," said the children. "He really could not stop talking."

****

"The silent bear no witness against themselves."

—Aldous Huxley



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EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

QUESTION: "Are spirits confined, in their utterances through media, to the vocabulary of words actually possessed by the medium? Or can they impress words which the medium never saw or heard of? Again: Can our medium powers be unfolded while asleep as well as when awake?"

ANSWER: The influence of spirits acts upon many media like an uncontrollable mental stimulant, which pervades the most impressible faculties, and thus exalts them above their ordinary capacities and actions. The effect ensuing is a larger and grander exhibition of the medium's natural abilities.

In such cases, it will be observed that, although the medium is impressed to discourse upon exalted themes with considerable profundity of reasoning, yet the construction of sentences, and even the terminology, are characteristic of the individual when not under spirit influence. This plain and very common fact has led many to question the cooperation of spirits in any instance.

But when the control is perfect (which is rare) the medium can be made to speak in "unknown tongues," and to employ words in any past or present language, with which the same person is wholly ignorant when not influenced.

Our medium powers do not open easily during sleep but the spirit is often built up in strength at night.

QUESTION: "Do spirits converse vocally among themselves, or with mortals, as mankind do with each other on earth?"

ANSWER: This often asked question has already appeared with an answer. But there remains on this subject much more to be written.

Inasmuch as spirits are transparent in respect to their thoughts and affections, therefore, they can never say one things and mean another, as mankind, alas! too often can and do. They cherish no thought, entertain no secret, foster no affection, but what they are willing should beam forth upon their beautiful faces, and be expressed in their harmonious speech.

(Continued from Page 5)
as her own. Her motherly love was inexhaustible.

In order to indicate Holy Mother's place in this history and development of Indian womanhood, the author has devoted the introductory chapter to a discussion of some of the great women of India. A glossary has been added to explain terms unfamiliar in the West. This book is an excellent one to educate the reader in the forms of Hindu worship and to generate an understanding through feeling of their way toward God.

Holy Mother's life and teachings have a direct bearing on the present human situation. Physical scientists and professional philosophers, influenced by the scientific method of reason and experimentation, are preoccupied to discover the laws which explain and control life and nature. They are revealing various dimensions of reality which tell us about man and the world and also how to utilize this knowledge for man's physical welfare. There is a growing number of thoughtful people who regard intellectual knowledge, unillumined by spiritual insight, as inadequate to satisfy the deep yearning of the soul. They look to religion for inner peace. But unfortunately most of the religions, as practised today, are cluttered with dogmas and creeds that conceal the truth.

As the author states in his preface, "Men want a guide with direct experience of the true nature of the Godhead, the world, and the soul. Only thus can his words and actions become imbued with love and compassion. Moreover, this experience, if it is to transform men's lower nature and lead to the welfare of all, must be expressed in simple words. Perceptive readers may find in Holy Mother's life the fulfillment of these conditions. They will also find one who, instead of luxuriating in the enjoyment of inner peace, worked till the last moment of her life to transmit that peace to others."

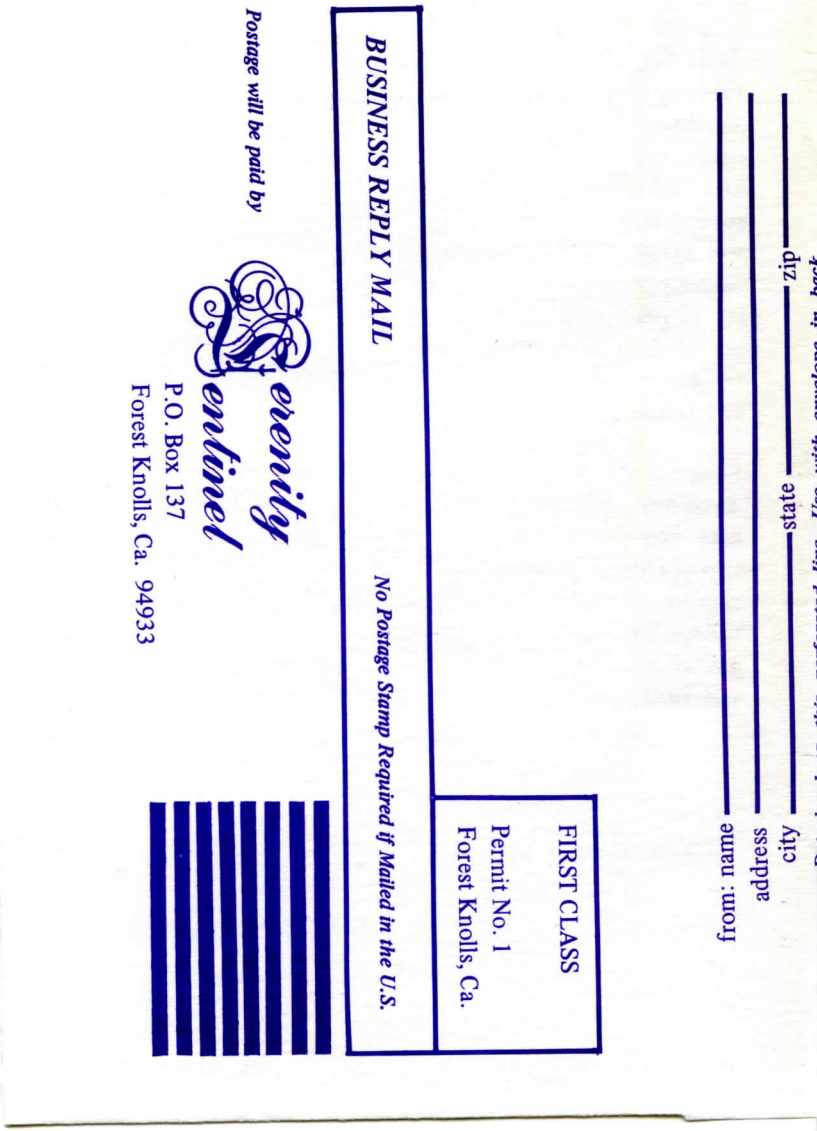
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